



Fall Issue - #9
October 2014

The SDHA Edge

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The SDHA Edge is the newsletter



publication for dental hygienists in SK. The newsletter is circulated in the fall, winter and spring seasons to inform members about issues that affect their dental hygiene practice. It has been designed to be a tool and resource for members to keep current on news, programs and services of the SDHA, new technologies and research, and a forum for discussion about current topics of interest.

Story ideas, articles and letters are always welcome. Please send your submission to sdha@sasktel.net.



Saskatchewan Dental Hygienists' Association

Striving for optimal oral and overall health for the people of Saskatchewan, and a dynamic dental hygiene profession.

Register NOW!!

April 17 & 18, 2015

Travelodge Hotel, Saskatoon

Live, Love, Learn

SDHA Conference and 45th Anniversary

This two-day, action packed event will offer quality health and oral health education with a time to celebrate our profession. Fantastic speakers, dental hygiene focused topics, and time to network with your colleagues! **PLEASE JOIN US!!!**

Speakers and Topics to include:

- **Dr. T. Low Dog:** Living your Best Life and Women's Guide to Wellness
- **Dr. Ann Eshenaur Spolarich:** Commonly Prescribed Medications
- **Dani Botbyl:** 6 Secrets to Achieving Better Ultrasonic Outcomes
- **Dean Lefebvre:** New Products and Dental Hygiene Trends
- **Drs. Devon Anholt and Brent Yaremko:** Helping Your Patients Through Modern Orthodontic Treatment
- **Periodontist Dr. F. Ghannad:** Periodontal Regeneration Possibilities
- **Donna King and Charlene Hamill:** Maintain your Edge—Sharpening Refresher
- **Kellie Watson:** Record Keeping, Dental Hygiene Billing and SDHA Q & A
- **Chris Smela:** Are YOU Ready? Shedding Light on Areas of Financial Planning

Registration :

- ⇒ **Full Conference Fee (2 Days)**
\$190 (before February 1st) or \$225 (between February 2 and April 10)
- ⇒ **One Day Fee (Friday or Saturday)** \$125
- ⇒ **Students:** \$75
- ⇒ **Sharpening:** Additional \$25 Fee

Online Registration and a full description of courses can be found at: www.sdha.ca

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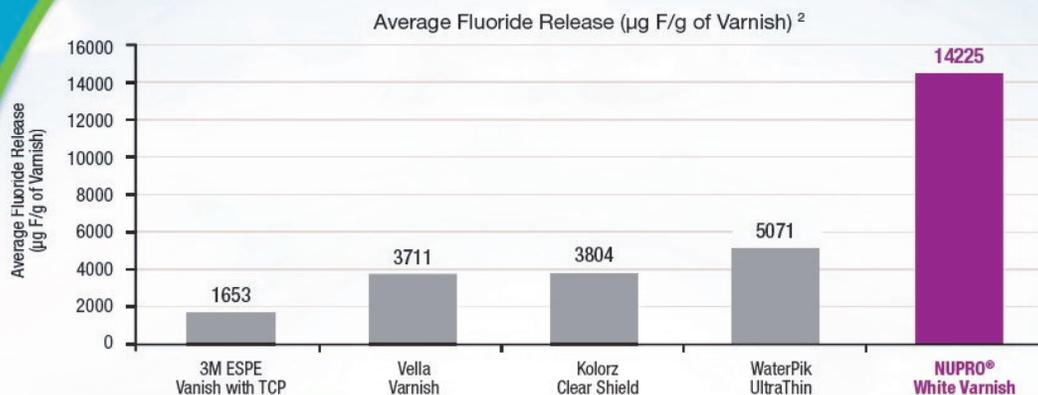
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References: 1. Compared to competitive varnishes. Data on file, Dentsply Professional.
2. Data on file: Final report, Fluoride release from a fluoride varnish over a two hour period. Study number 12-230. Dentsply Professional.

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President's Message - Leanne Huvenaars

With fall comes our October Council Meeting - October 25 and 26 which brings an eagerness to get back to the table and start discussions for the public and our members.

I hope those hygienists that went to the SOHP conference in Saskatoon enjoyed the speakers, time with friends, but more importantly the AGM. As was stated at the AGM, we held two AGM's this year to make sure that we are complying with our bylaws. We are required to have the AGM within 6 months of the fiscal year end, which is June 30. There was much discussion about the competency requirements that we have in Saskatchewan. We thank you for your feedback and honesty. The competency working group will be looking at your responses.

We were lucky to have Ondina Love and Mary Bertone in attendance from CDHA. It is always great to have the CDHA involved with our meetings as they get a sense of what is pressing for dental hygienists of Saskatchewan. It also gives us an idea of what is being done federally for dental hygienists across Canada.

On October 2 & 3, Kellie Watson, Janel Parkinson, and myself were in Moncton, NB for the CDHA Leadership Summit. We all learned about the media, inter-generational work places, lobbying governments, the philosophy aspect of dental hygiene, and the increase of HPV and oral cancer. It is always empowering sitting in a room with dental hygienists from all over Canada. The mood was optimistic, progressive and passionate about the directions we will go.

The Busted Molars Run for the Cure teams participated on October 5th in both Regina and Saskatoon. It was a great showing for our support for breast cancer.

We are very lucky to have Kellie Watson as Registrar/Executive Director for the SDHA. She is sitting at tables and in discussions that are so vital to our profession. Her hard work and commitment ensures that we have no way to go but up.

We the council, work hard to protect the public and the dental hygienists of Saskatchewan!
Leanne Huvenaars, President



Leanne Huvenaars
President



Janel Parkinson
Vice-President,
CDHA rep



Kaylen Wiens



Kay Munchinsky



Jaelyn Kozlow



Harmony Boisjoli

SDHA Council 2014-15



Sheila Torrance
Public Rep



Diane Moore
SIAST Rep



Our Sincere Thanks!!

Liz Domm, an extremely valuable public member to Council, needed to step down from the SDHA Council this fall due to a conflict with a new position she assumed in Regina. Council would like to offer our sincere thanks to Liz, for all her time, experience and knowledge offered during her time with us.





PROFESSIONALISM AT A GLANCE: What Does it Mean to be a Health Care Professional? Kellie Watson, RDH, MBA - SDHA Registrar - Executive Director

I am privileged to have the opportunity to represent the SDHA and the dental hygiene profession in Saskatchewan and nationally. I speak to other health care professions, health organizations, government officials, and students about our unique profession and what we have to offer clients and communities.

Dental hygienists are healthcare professionals. What does this mean and why is it important?

Not all occupations have the privilege to be called a profession, and even fewer are self-regulated. What turns an occupation into a profession? If you google this, you may find many results but all have a common theme. A profession emerges when an occupation transforms itself through the development of formal qualifications based upon education and examinations, and the creation of a regulatory body with power, prestige, value and trust that society confers upon it.

A significant part of SDHA's mandate is to be demonstrating continuously to the public and government that members practice in a competent, safe and ethical way. Furthermore, that we take appropriate action when a member does not practice in a competent, safe and ethical way. So as a profession, we should not be afraid to shine some light on the practice of all members, rather consider it an opportunity to further enhance the already high standard of practice within our profession.

The SDHA's mandate is no different than individual member's professional responsibilities. While the SDHA is here to regulate dental hygienists, it is also the responsibility of each member to uphold the standards of practice and code of ethics. In addition, it is each dental hygienist's obligation to abide by the regulations and bylaws, and to always act in their client's or the public's best interest.

As a Registered Dental Hygienist, while ensuring your clinical skills are current and competent, equal value should be placed on embracing the concepts of professionalism.

The importance and need for professionalism in all areas of health care have been extensively discussed and written about. We see this first hand in our very own Dental Hygiene Competencies and Code of Ethics.

Principle 4 in our Code of Ethics discusses **Accountability**, which pertains to taking responsibility for one's actions and omissions in light of relevant principles, standards, laws and regulations. **It includes the potential to self evaluate and to be evaluated.** It involves practising competently and accepting responsibility for behaviors and decisions in the professional context.

In our National Dental Hygiene Competencies Document, professionalism within dental hygiene encompasses those abilities required of all dental hygienists. Dental hygienists demonstrating professionalism will maintain the confidence

of the public and promote respect for the profession. This domain reflects standards related to responsibility, accountability, knowledge application, continuing competence and relationships that define the practice and profession of dental hygiene.

I will not regurgitate all the standards included within this document but some that stand out are:

RESPONSIBILITY

Each dental hygienist has a responsibility to promote delivery of and access to quality dental hygiene services.

- Apply evidence-based decision making approaches to the analysis of information and current practices.
- Adhere to current jurisdictional legislation, regulations, codes of ethics, practice standards, guidelines, and policies relevant to the profession and practice setting.
- Recognize client rights and the inherent dignity of the client by obtaining informed consent, respecting privacy, and maintaining confidentiality.
- Use a client-centered approach, always acting or advocating in the client's best interest.

ACCOUNTABILITY

Each dental hygienist is accountable to the client/public; responsible for ensuring that her/his practice and conduct meets legislative requirements and adheres to the accepted standards of the profession.

- Practice within personal limitations and legal scopes of practice including federal, provincial and territorial laws and regulations.
- Apply Codes of Ethics in all endeavors while acting with personal integrity.
- Report unethical, unsafe and incompetent services to the appropriate regulatory organizations.
- Facilitate confidentiality and informed decision-making in accordance with applicable legislation and codes of ethics.
- Maintain documentation and records consistent with professional practice standards and applicable legislation.

CONTINUING COMPETENCE

Each dental hygienist maintains and continually improves her/his competence in response to changes in health care, scientific information, technology, and professional expectations.

- Initiate positive change based on supporting literature and practice standards.
- Self- assess professional performance in relation to standards of practice.
- Create personal plans for continuing competence and professional development.
- Seek opportunities to mentor colleagues and to access mentors for guidance.
- Bring educational opportunities into own practice settings.

**So what does this mean for you?
Why am I telling you this?**

The SDHA staff and Council acknowledge that you strive to do the best job you can each and every day. We also appreciate that your career is just one aspect of your life. We are also very aware, that as our profession advances and as pressures mount to be more accountable and responsible, that this adds to the demands of your daily life.

But I challenge you to look beyond this and see the big picture:

- How each and every one of us benefits from self-regulation and dental hygiene being considered a profession; respect, recognition, career opportunities, salary, independence, decision making abilities, etc;
- That what we do impacts individually and collectively the lives of our clients and communities; and
- That we must be accountable to clients, the community and to government

I can further describe this below. **Self-regulation is a privilege, not a right**, and it grants us the following rewards:

- Being recognized and accountable as a distinct profession
- Governing board/council composed primarily of RDH's
- Having a voice in the governance of our profession
- The ability to define educational qualifications and other requirements for practice
- Restricted use of the title "Dental Hygienist" and "RDH"
- Recognition of the dental hygiene profession as equal but different than dentists, dental assisting, and dental therapy; equal in value but different in scope

But in return, the government on behalf of the people of Saskatchewan charge us — the SDHA and you the member, with **demonstrating** we are safe and competent to practice. There are many ways of doing this, but primarily it falls within entry to practice requirements/standards when members initially register/license with the SDHA and then throughout members' careers through Continuing Competency Programs. There is no one right or wrong way of demonstrating to government that the SDHA is ensuring safe, competent dental hygienists. Many options exist and we see this in other professions or across the country in sister dental hygiene organizations: portfolio, credit hours/points, quality assurance examinations, practice hours, peer reviews/practice audits, and combinations of above.

It is the responsibility of the SDHA Council to develop policies that are evidenced based and work best for the public and our members. It is a balance between demonstrating to government that dental hygienists are current, competent and safe to practice and yet be reasonable for dental hygienists to achieve. The priority still lies in protection of the public.

When you or your family seek the care of another health professional, you trust that the care you or your family receives will be at the highest level in terms of skill, currency and ethics. You find yourself in the emergency room, or a family member is scheduled for major surgery and you put your trust and faith in the fact that those professionals caring for you are safe and competent to practice; that they have the necessary education to be doing what they are doing, and that they are current in their skills and knowledge. This isn't the first surgery they have done or studied in the last 5 years. We have different levels of regard, expectation and respect for the job they do than the treatment we expect when we visit the local grocery store or salon for example.

Members of the public who seek dental hygiene care are no different. It is a trust that the public places in the profession that each dental hygienist, as a professional, must honor and respect.

When you walk into your place of practice tomorrow, I encourage you to see things differently. Stand proud and know that you are a healthcare professional. Trusted by your clients and the community. Yes, you are held to a higher standard than others perhaps. Yes, you have more demands placed on you as far as currency, standards or practice, infection control, and ethics. But you are a dental hygienist, a valued health care provider that enjoys the benefits of being a professional.

The identity statement below embodies what I mean. **With great reward, comes great responsibility!!**





Making a Difference Contest: A Huge Success!



Congratulations to all of you who participated.

We received over 150 wonderful emails about how you are making a difference in your clients' lives. It was so difficult to choose a winner because there were so many fantastic stories. Congratulations to Gerrard Weinberger. His client's story is below. We also awarded 4 other dental hygienists for the amount of emails we received on their behalf and the impact they are making on their clients lives.

Congratulations to Kristen Clark, Darlene Lonseth Nancy Newby, and Lisa Ogle as our Honorable Mentions.

Margaret Brown's Nomination for Gerrard Weinberger:

Seventeen years ago I had gum surgery because I had gum disease. I always thought I had taken good care of my teeth up until that point. I brushed and flossed, I had dental check-ups annually and had my teeth cleaned on a regular basis. Apparently, that was not enough. I was alarmed that gum disease had become part of my life but was relieved when I had successful gum surgery. The after care program included returning to my periodontist for check-ups and having my teeth cleaned at his office. This was the best thing that ever happened to me. It was there that I met Gerrard Weinberger who is still my dental hygienist today. I do not have to see my periodontist any longer unless my dentist feels that the gum disease has returned. Fortunately, it has not and I am certain this is thanks to Gerrard. Before I met Gerrard, I had always been afraid of the pain that I associated with a cleaning, yet I dreaded more gum surgery unless I stepped-up my cleanings. Gerrard was able to take away my fear and now I feel that Gerrard Weinberger deserves provincial recognition. In my eyes, he is one of the best, if not the best, in Saskatchewan.

The award was presented at the SDHA Annual General Meeting on Saturday,
May 3, 2014 in Regina.

Picture includes from left to right, Kellie Watson, Gerrard Weinberger & Margaret Brown



Another email sent from a client to all Dental Hygienists' of Saskatchewan!

In celebration of Oral Health Month, I have to add my congratulations to the dental hygienists who are the front line of defense in good oral care. They do it all from educating their clients about good oral practices, to taking care of the plaque that has accumulated over the months, to warning of potential problems they encounter with our mouths. They work hard to keep the public aware and safe, all with a sweet smile. Not everyone could smile while their arms are hurting, their neck muscles tensing and their fingers are going numb from the work they do. How many other professionals could face the daily challenges that the rest of us try to rinse away with mouth wash? A nasty bit of oral neglect can't be pleasant to deal with but the dental hygienist never complains, but just makes it better.

Finally, dental hygienists, work in partnership with the dentist to form an unbeatable team that has earned my trust and respect. Thanks for a job well done.

Raise your toothbrush with me to salute the Dental Hygienists of Saskatchewan!

Janet Akre

SDHA Busted Molars - 2014 Run for the Cure



On behalf of the CDHA board of directors I would like to sincerely thank and congratulate all of you for your tremendous efforts for this event. Figures are still preliminary http://www.runfortheCure.com/site/TR/RunfortheCureFY15/CentralOffice?company_id=2481&pg=national_company&fr_id=1907 but the CDHA multi-site team featured 139 participants running on 8 teams, large and small, in cities coast to coast across Canada raising \$6,800. Special recognition goes to the MDHA Brush for the Cure team who were our largest group with 58 participants and so far, our top fundraisers with \$2,085. MDHA team member Harriet Rosenbaum was the top CDHA fundraiser overall with donations of \$761.

Once again, thank you for your support and we hope to see you again next year on Sunday, October Sunday, October 4, 2015.



Thanks to you, the 2014 Canadian Breast Cancer Foundation CIBC Run for the Cure raised **\$25 million** across Canada for breast cancer research, education, and advocacy programs.

Canadian Breast Cancer Foundation
CIBC Run for the Cure



Thank You!!



Short Term ~~Pain~~ Complain, Long Term Gain: Helping Your Patients Through the Few Remaining Perceived Hassles of Modern Orthodontic Treatment

Dr. Devon Anholt

**Head, Division of Orthodontics, College of Dentistry, University of Saskatchewan
Orthodontist and Co-Owner, Uptown Orthodontics**



Just one or two generations ago, orthodontic therapy involved regular periods of unavoidable pain, a significant esthetic insult to all of those even slightly vain, and treatment that sometimes seemed longer than Queen Elizabeth II's reign. Braces were, in that era, a great example of "short term pain but long term gain".

Despite these burdens – and silly rhyming aside – ask your parents or your friends about their experience with orthodontics and they will almost surely mention that the process of having braces was well worth it in the long run. Really, when looking back at any past action to determine its worth, the "would you do it again?" question is the only one that matters. By this standard, braces, and more generally, orthodontic treatment has a very strong track record of value and improved quality of life. But so much has changed in recent times to make the above question's affirmative answers even stronger.

Indeed, today our patients and their families still find reason to complain, but these days the burdens have been dramatically reduced and can now be considered mostly of the #firstworldproblems variety.

- "You're not open evenings and weekends, so you're saying my son has to miss school?"
- "I have to travel so far. Why isn't there an orthodontist in my town of 5,000 people?"
- "Why can't you make the wires clear like these new brackets?"
- "So you're saying my insurance doesn't cover the entire cost of braces like it does for my cleanings? And I have to pay out of pocket in order to be reimbursed?"

Thankfully, due to recent revolutions in materials and technology and simultaneous evolutions in treatment techniques, these days it is very rare to hear complaints pertaining to the process of orthodontic treatment itself. Both the experience and the outcome can be very accurately predicted and entirely customized based on the patient's desires.

- Not interested in wearing a headgear? Okay, we can avoid that.
- Wish to avoid surgery or extractions? Often these can be avoided as well.
- Don't want your braces to show? Sure, that's an option.
- Want a great result in a just a year? You know, it just might be possible!

Quite simply, the experience of orthodontic therapy these days versus days past is comparatively a breeze. Unavoidable hurdles of the past have been replaced by only perceived hassles – subjective speed bumps rather than objective hurdles, if you will. Modern orthodontic treatment is comfortable, it's convenient, it's relatively unobtrusive, it's full of options, it's exciting, it's natural, and compared to many other transformative esthetic dental treatments, it's actually not that expensive when considered over the course of one's lifetime.

Okay, so most all of the pain (both, literally and figuratively) is gone; that's great. But what about the outcome attained, or in other words, the long term gain? Like general dentists, we as orthodontic specialists are more focussed now on esthetics than ever before. In recent years we've become much more conscious about – and resultantly, far better at – properly positioning a functionally sound masticatory apparatus within the three-dimensional dynamic soft tissues of the face. Unsurprisingly, our patients' demand for a beautiful outcome is increasingly their paramount consideration for electing to initiate treatment. Function and/or health are traditionally secondary. As an orthodontic community we're okay with this trend as we now have an immediate, obvious, and measurable outcome to complement our real goal of whole-body, whole-life wellness. A cursory assessment of current medical literature demonstrates an increased awareness of the intriguing interaction between physical and emotional wellbeing. In the interest of creating a happy and healthy society, an attractive, youthful smile is not likely to go out of style any time soon; in fact, one can assume that in an increasingly competitive world, a confident and healthy smile will only be valued more with time.

Aside from the unrelenting challenge of educating the public on the supreme value of a healthy oral cavity that functions well (a challenge that certainly you share), the tricky part of orthodontic care remains mostly in the logistics – in the communication, in the financial coordination, and in the scheduling. These are the issues that keep today's orthodontists up at night. These are the things that only we can create and implement systems within our practices to

address. But ask any orthodontist what simple thing others (i.e. the patients, their families, and their oral health care professionals) can do to make treatment more effective, more efficient, and more enjoyable for all parties involved? It is all about improving compliance - particularly, with regard to oral hygiene.

And this is your area of expertise. Clearly, it's built right into your profession's name. But in your quest for the creation of excellent hygiene, you excel at much more than just scraping teeth and minimizing inflammation in the mouth. You have unique proficiencies in paying attention to detail, managing personalities, educating both the young and the old, aiding with habit creation/cessation, and teaching a variety of proper home care techniques in a beautifully natural hybrid of layperson- and professional-language that we all admire.

Indeed, orthodontists admire and respect hygienists for many reasons. More and more, you are the ones that the patients trust. You have the time to listen to them, the experience to understand them, the knowledge to educate them, and the communication skills to lead them to action. Furthermore, most of the time, you are not financially invested in any treatment plan presented and thus you are seen as an objective measure of what is really needed when in the doctor's chair. Of course, you know all of this stuff about yourselves, but we want you to realize that we too, as orthodontists, know this about you.

Orthodontists often kid that next to the dental hygienist, we are the only oral health care professionals that patients actually look forward to visiting. In so many ways we aim to be like you. Like your typical hygiene appointment, our visits are quick and easy, they occur regularly enough that a sense of friendship can be attained/maintained, and most importantly the atmosphere is positive. Sound familiar? See, we're trying.

But most importantly: As a hygienist, you understand that, regardless of technique, good access is critical to proper home care. Simply put, straight teeth are more sustainable than malaligned teeth. You also understand that dysfunction can lead to destruction – of hard tissues, soft tissues, and joints. Simply put, properly positioned teeth situated on properly positioned jaws are more sustainable than those that exist in disharmony. Lastly, as a hygienist, you understand the importance of confidence in one's health and appearance. Numerous studies have found that happy people smile more. However, more interestingly, many of these same studies have discovered that people that smile more become happier. Simply put, it is not too much of a leap to suggest that aligned teeth and esthetic smiles make happiness more sustainable.

As part of the local orthodontic community, I encourage you to use just a fraction of your multiple units of time with your patient to talk about the benefits of orthodontic treatment, and specifically, the benefits of treatment provided by a certified specialist in orthodontics. We trust your training, your experience, your judgement, your ethics, and your communication skills. We know that we have common goals and we are eager to work together to prove ourselves through not just our results but also through the proverbial journey towards the results. On behalf of all of the orthodontists in Saskatchewan, we thank you for your trust and your referrals; most importantly, we look forward to returning your patient back to you every few months with a few less nooks and crannies to clean around.



Dr. Devon Anholt and Dr. Brent Yaremko (Orthodontists and Co-Owners of Uptown Orthodontics) will be representing the modern orthodontic community at the upcoming inaugural SDHA Conference in April 2015. A 1.5-hour session is planned with the same title as this article, which will further outline the intimate interactions of orthodontics and periodontal health.

During this lecture a focus will be placed on the discussion of a variety of new orthodontic treatment modalities and techniques (e.g. Invisalign, lingual brackets, indirect bonding, TADs, accelerated treatment, etc.) that have the potential to affect your work as a dental hygienist.

Renew your 2015 SDHA License Early to Win !



STRENGTH IN MEMBERS
THE CANADIAN DENTAL HYGIENISTS ASSOCIATION

RENEW TODAY

Just a friendly reminder... it's time to renew your 2014–2015 national professional membership with CDHA/SDHA.

As the collective voice of the dental hygiene profession, CDHA is not just about strength in numbers. Our success also depends on the strength of our members, which is why we take great pride in offering a premium membership benefits program. Professional liability insurance for active members, subscriptions to publications, discounted continuing education opportunities, access to wellness programs and many other member driven benefits all allow you to be CDHA strong. Coming soon... free access to the mobile version of the e-CPS.

Early bird renewal by December 15 enters you in a draw for the Oral Cancer Awareness course.



Did You Know?

1. It is important to ensure that you keep all of your contact information current with the SDHA office. There is a lot of exciting and important information to share with you, and we need your help to do that! Please keep your contact information current - address and email. You can do this by emailing us at sdhaadmin@sasktel.net or by logging into the member's section of the SDHA website at www.sdha.ca.
2. You are able to check your Continuing Competency credits online—anytime, any day, by logging into the Member's Section of the SDHA website!
3. Please remember that a "Continuing Competency Credit Request Form" **AND** supporting documentation must accompany all CCP requests. For CPR, please attach a copy of your CPR card to the request form. All CPR courses receive credit in either of the categories A or B.
4. If you find any discrepancies with your CCP Transcript, please let us know with an email or phone call.
5. There are Community Oral Health Kits for loan from the SDHA office. Please contact us if you would like to have one in your community.
6. If you would like to do a presentation in your community, we can help you with it or you can invite us to your community to do one. Please contact us at the SDHA office.
7. Register online for the SDHA Conference, **LIVE, LOVE, LEARN**, April 17 & 18, 2015 at www.sdha.ca, starting in mid-November.



"Education is the most powerful weapon which you can use to change the world"

Nelson Mandela

CC Corner: Supporting Professional Development

An investment in knowledge always
pays the best interest.
Benjamin Franklin

Saturday, November 8, 2014 – Queensbury Convention Centre, Regina
Communicating with Impact: The Silent Power of a Great Team & Oral Cancer – An Emerging Pandemic

Speaker: Jo-Anne Jones

Brochure enclosed

Saturday, January 17, 2015 – Saskatoon Inn, Saskatoon
Creating a Tobacco Free Future for the People of Saskatchewan
Brochure enclosed

Friday, April 17 & Saturday, April 18, 2015 – Travelodge Hotel, Saskatoon
Inaugural Dental Hygiene Conference and SDHA's 45th Anniversary **Live, Love Learn**
Brochure enclosed

Online Continuing Competency Opportunities

If you are looking for online continuing competency opportunities, here is a list of courses/webinars available to all SDHA members.

This is what is available on the CDHA Website: www.cdha.ca

Online Courses:

Detect, Respond, Refer: Helping to End Woman Abuse
Elder Abuse and Neglect for Dental Hygienists
Oral Cancer Awareness 4 Life Saving Minutes...
Certificate: Independent Practice for Dental Hygienists
Self-Initiation for Dental Hygienists
Self-Initiation for Dental Hygienists Nova Scotia
Dental Hygiene Practice in Nova Scotia: Jurisprudence
Negotiation
Interpersonal Skills
Work & Personal Life Balance
A Healthy Workplace
The Professional Role
Difficult Conversations



Others:

- Dentistry Today
- Hygienetown
- Health Studies Institute
- DVD Quarterly for Dental Hygienists
- Dental Learning Network: www.fice.com
- Dimensions of Dental Hygiene: <https://ce.dimensionsofdentalhygiene.com/courses.asp> (Belmont)
- Arc Mesa: www.arcmesa.org/ (Pharmacy Times)
- American Dental Hygienists Association www.adha.org/careerinfo/continuing_education.htm
- Crest Oral B/Proctor and Gamble, also known as Dental Resources www.dentalcare.com
- I Need CE www.ineedce.com (Penwell, Hu-Friedy)
- INR/Biomed 50% credit for paper based learning
- Colgate Oral Care (Forsyth Inst)
- Free Interactive and Self-Study CE: www.premierdentallearning.com

Online CDHA Webinars:

Everything you wanted to know about Cochrane resources, but were afraid to ask!
Fifty Shades of Biofilm – Lighter
Interdental Brushing: Putting Statements into Practice
Effectiveness of fluoride varnishes and sealants for preventing dental caries
Effectiveness of fluoride varnishes and sealants for preventing dental caries
Prevent and Protect: CDHA Professional Liability Insurance
CDHA 2013 Job Market and Employment Survey
Ready, Set, GO! Demystifying claims & codes
One-to-one dietary interventions in dental practice
Neuro-musculoskeletal (NMSK) injuries - Webinar Series
The Changing Face of Dental Hygiene Employment in Canada
Abuse of Older Adults Webinar series
Sun life: Critical Illness Insurance
Oral Cancer: An Approach to the Changing Trends
The Path to Private Practice
ETP Competencies & Standards for Canadian Dental Hygienists
Fluoride Toothpastes in Children and Adolescents
Canadian Cochrane Network and Centre Webinar Series
Student Membership Presentation



Pregnancy is a Time for Smiling!

It's also a time for women to pay special attention to their teeth and mouth.

The Saskatchewan Prevention Institute, a provincial non-profit organization working to reduce the occurrence of disabling conditions in children, along with its partners, have created resources to highlight the importance of oral health during pregnancy for the overall health of pregnant women and their babies.

A Saskatchewan Consensus Document

Oral health care is particularly important during pregnancy given the increased risk for oral disease. Oral disease during pregnancy affects not only the health of a pregnant woman but may also affect the health of her pregnancy and, potentially, the health of her infant. Also, pregnancy is an opportune time to help prevent early childhood caries given the strong link between a mother's oral health and her child's oral health.

Most women, however, are unaware of the potential consequences of poor oral health for themselves or their infants. Although dental care during pregnancy is both safe and can prevent long-term health problems for both mother and child, many women do not seek – and are not advised to seek – dental care during pregnancy. There is a significant need for oral care and prenatal care providers to address this lack of awareness and increase access to care.



The document *Improving the Oral Health of Pregnant Women and Young Children: Opportunities for Oral Care and Prenatal Care Providers* was developed to influence oral and prenatal care providers in Saskatchewan toward a better understanding of the importance and safety of oral care during pregnancy so oral care becomes part of routine prenatal care.

Several health groups and organizations formally support this document. The list is outlined in the full document available at www.skprevention.ca/oral-health.

A Campaign to Promote Oral Health among Pregnant Women and Young Children

The Saskatchewan Prevention Institute is seeking health partners to help promote oral health among pregnant women in Saskatchewan. Potential partners include oral care providers (dentists, dental hygienists, dental therapists, dental assistants) and prenatal care providers (physicians, nurse practitioners, nurses and prenatal educators) in Saskatchewan.

Campaign Timeframe: September 15th - December 15th, 2014

Partner Role: Your role as a campaign partner is simple. We provide free, attractive, and easy to use materials for you to distribute to women who are pregnant or may be considering pregnancy. At the end of the campaign, we will ask you to respond to a brief survey. We would also appreciate if you could provide photos of how you used the resources.

Partner Registration: Register and order free materials at <http://www.skprevention.ca/campaign-registration-form/>



More Information

For more information on the consensus document or the campaign, please contact Christine Thompson, Maternal Oral Health Project Facilitator, Saskatchewan Prevention Institute, by email at cthompson@skprevention.ca. More information is also available at www.skprevention.ca/oral-health.

saskatchewan
preventioninstitute
our goal is **healthy** children

Kindness in Action 2014 - Guatemala

The essence of the Dental Profession is to promote optimum oral health. There are areas in our world where the dental need is very desperate and poverty leaves the people powerless and very vulnerable . Volunteering in an area with cultural, environmental and language barriers is very challenging. I would encourage everyone to consider widening your horizons and venture into this territory . It is very rewarding to give of your time, money, and abilities to help someone less fortunate



“WHAT WISDOM CAN YOU FIND THAT IS GREATER THAN KINDNESS”

**Jean-Jacques Rousseau
DENTAL TEAM 2014 GUATEMALA**



A trip to the mountain tops of Guatemala was never on our life's bucket list .However , when we heard of “Kindness In Action” (KIA) and the help they give, to address the desperate needs of the people in a remote area of Guatemala; we knew this project was for us. We had concerns about safe drinking water and safe accommodations when considering going to a foreign country. All issues were completely addressed by KIA and their partners “Wells of Hope.” Both of these organizations are Canadian, not for profit, charitable groups. All the paperwork and vaccinations were completed and about eight months later, we are in the air, on our way. The personal; from Wells of Hope; arranged our transportation, from the airport to our accommodations and then to their encampment up high in the mountains, a three hour drive from Guatemala city. They also arranged our transportation to and from the clinic locations all week.

Our team was made up of people from; Ontario, British Columbia, Alberta and Saskatchewan and many new friendships were quickly made ;The” Oneness in purpose”, seemed to breakdown any barriers instantly. The diversity from city to rural was the extremes of two worlds and sometimes a mix of the two. A herd of goats walking down the sidewalk in Guatemala city; people washing their clothes in the river and family's living in homes made of sheets of metal held by rocks and sometimes just black sheet plastic for walls. Then there's the more extravagant homes and expensive vehicles . The people with machine guns driving by; or standing on the side of the road ; was not something we as Canadians routinely see or experience. The guard on the bus was also a new event. I can honestly say however, That we always felt Safe.

Wells of Hope personal had done all the preliminary leg work to set up locations for the dental clinics. The equipment and supplies were brought with us from Canada . All members of the team were responsible for bringing some of the equipment and/ or supplies as part of our checked luggage. It worked well and the clinics flowed quite smoothly. The needs are still Hugh; we could only do so much, with the time and resources we had available . However every act of kindness was greatly appreciated by the people ; they were very gracious even when we had to turn people away, after they patiently stood in line waiting, most of the day. Our clinics started at 8:00 and ran until 4:00 or 5:00 depending on how far we had to drive to return to camp. The first location was an hour and a half drive from the camp, that made for an early start on the road; the second was only 45 min. We treated about 660 patients and relieved a tremendous amount of pain. Only a drop in the bucket though compared to the desperate need.

We truly hope we have the opportunity to be a part of this great work again in the future.

DONNA GESSNER SDT/RDH

LORI FULLER (Gessner)





Volunteer Needed!

SDHA and the Saskatchewan Oral Health Professions need a representative to attend planning committee meetings for the 2015 Conference in Regina. If you are a Regina Dental Hygienist and would like to be a part of this committee, please contact us.
(CCP credits are granted for this volunteer committee)

JOIN THE
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You will receive a Community Education Kit that can be used for presentations in your community.

Community Presentations are eligible for CCP credit and are an excellent way to promote oral health in Saskatchewan!

The SDHA will have this kit and other resources available for loan.

Please contact us if you are interested in health promotion activities.



Become a Peer Tutor !!

The dental hygiene students at Saskatchewan Polytechnic (SIAS) are looking for experienced dental hygienists in the Regina area to be tutors. If you have some spare time in the evenings and weekends and would like to earn some extra money, please contact SIAS Wascana Campus (Regina) Learning Services, Room 207.12 (library) at 306-775-7729 or email LSwascana@saskpolytech.ca
CCP credits are also granted for tutors.



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“Health Sciences Interdisciplinary Relationships”

Saturday, November 22, 2014

8:00 am-4:30 pm

East Room

Sheraton Cavalier

612 Spadina Cres. E.

Saskatoon, Sask.

Registration:

Tuition: Dentists \$200 Other: \$100 (plus GST)

Cheque Payable to:

College of Dentistry

University of Saskatchewan

Contact Sidra Baig

Email: sidra.baig@usask.ca

306-966-5662

6 Credit Hours

Speakers:

Lawrence Worobetz, MD, FRCPC

Topic: Hepatitis C AND Liver Transplantation

Kris Stewart, MD, FRCPC

Topic: TB & TB Control

Kurt Williams, MD, FRCPC

Topic: STIs Updated

Stephen Sanche, MD, FRCPC

Topic: Antimicrobials Misuses and Development of Antimicrobial Resistance

Anil Sharma, MD, FRCPC

Topic: Salivary Gland Surgery and Laser Sialendoscopy

Kunio Komiyama, DDS, PhD

Topic: Updates the CDSS Infection Prevention & Control (Sterilization & Dental Unit Monitoring)

Kevin Fuglerud, B.Comm

Director of Finance & Administration

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Working with the Canadian Pharmacists Association, publisher of the Compendium of Pharmaceuticals and Specialties (CPS), CDHA is pleased to offer an exclusive benefit, not available through any other dental hygiene association. All CDHA members have free access (a \$349 value) to both the desktop and brand new mobile versions of this valuable electronic point-of-care tool.

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